

ELBOW EXTENSOR-FLEXOR REPAIR REHABILITATION PROTOCOL

Physical Therapy, Strength and Conditioning

PHASE I: MAXIMUM PROTECTION (0 TO 2 WEEKS)

- Complete Immobilization in 90° Splint
- Shoulder pinches and cervical ROM

PHASE II: PROGRESSIVE STRETCHING AND PASSIVE MOTION (2 TO 6 WEEKS)

Weeks 2 to 4

- Brace elbow flexion 45-135 weeks 2-4, 0-135 weeks 4-6
- Ok to remove brace for therapy within range limits
- No active pronation or supination until 6 weeks post-op
- Passive pronation and supination neutral to 45 degrees
- Begin passive elbow flexion—full range; Passive and active extension to 90°
- Begin active shoulder protraction/retraction

Weeks 4 to 6

- Brace elbow flexion 0-135 weeks 4-6
- Ok to remove brace for therapy within range limits
- No active only pronation or supination until 6 weeks post-op
- Passive pronation and supination neutral to 45 degrees
- Initiate gradual ROM progression with active assisted/passive extension to 0°
- Initiate active assisted pronation/supination
- Begin prone scapular strengthening series (unweighted)

PHASE III: ACTIVE MOTION (6 TO 8 WEEKS)

Weeks 6 to 8

- Discontinue brace at 6 weeks
- Begin active range of motion of the elbow and wrist in all planes
- Light resistance rotator cuff and scapular strengthening program; avoid load specific to elbow flexion and supination
- CKC progression beginning with quadruped
- Weighted prone scapular stabilization exercises

PHASE IV: STRENGTHENING (WEEK 8 TO 16)

Weeks 8 to 10

- Continue with end range stretching
- Advance RC and scapular strengthening program
- Advance CKC program with push-up progression
- Begin resisted biceps strengthening
- Begin wrist and forearm strengthening all planes

Weeks 12

- Begin global upper extremity gym strengthening program with gradual weight increase
- Advance intensity of forearm and hand strengthening, including wrist extension
- Initiate Plyometric Drills
 - Plyoball wall drills
 - Double arm rebounder drills progressing to single arm

4-6 Months

- Follow-up appointment with physician
- Initiate return to sport program, full return to play 4-6 months post-op